

California Code of Regulations
Title 22. Social Security
Division 9. Prehospital Emergency Medical Services
Chapter 1.5. First Aid Standards for Public Safety Personnel

Article 1. Definitions

§ 100005. Automatic Defibrillator.

“Automatic Defibrillator” means an external defibrillator capable of cardiac rhythm analysis which will charge and deliver a shock after electronically detecting and assessing ventricular fibrillation or rapid ventricular tachycardia.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.52, 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.

§ 100006. Cardiopulmonary Resuscitation.

“Cardiopulmonary resuscitation” or “CPR” means establishing and maintaining an open airway, ensuring adequate respiration either spontaneously or by use of rescue breathing, and ensuring adequate circulation either spontaneously or by means of closed chest cardiac compression, according to standards promulgated by the American Heart Association and/or the American Red Cross.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.

§ 100007. Firefighter.

“Firefighter” means any regularly employed and paid officer, employee or member of a fire department or fire protection or firefighting agency of the State of California, or any city, county, city and county, district or other public or municipal corporation or political subdivision of California or any member of an emergency reserve unit of a volunteer fire department or fire protection district.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Section 1797.182, Health and Safety Code.

§ 100008. First Aid.

“First aid” means the recognition of and immediate care for injury or sudden illness, including medical emergencies, prior to the availability of medical care by licensed or certified health care professionals.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.

§ 100009. Lifeguard.

“Lifeguard” means any regularly employed and paid officer, employee, or member of a public aquatic safety department or marine safety agency of the State of California, or any city, county, city and county, district or other public or municipal corporation or political subdivision of California.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Section 1797.182, Health and Safety Code.

§ 100010. Local Accreditation.

“Local Accreditation” or “Accreditation” or “Accredited to Practice” as used in this Chapter, means authorization by the local EMS Agency to practice defibrillation within its jurisdiction as specified in Section 100021 of this Chapter. Such accreditation documents that the individual has been oriented to the local EMS system, has a specific role in the EMS system, and has been trained to defibrillate.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.52, 1797.74, 1797.176, 1797.178, 1797.182, 1797.183, 1797.200, 1797.204, 1797.206, 1797.210 and 1797.214, Health and Safety Code; and Section 13518, Penal Code.

§ 100011. Peace Officer.

“Peace officer” means any city police officer, sheriff, deputy sheriff, peace officer member of the California State Police, peace officer member of the California Highway Patrol, marshal or deputy marshal or police officer of a district authorized by statute to maintain a police department or other peace officer required by law to complete the training specified in this Chapter.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Section 1797.183, Health and Safety Code; and Section 13518, Penal Code.

§ 100012. Primarily Clerical or Administrative.

“Primarily clerical or administrative” means the performance of clerical or administrative duties for ninety percent (90%) or more of the time worked within each pay period.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.

§ 100013. Qualified Instructor.

“Qualified instructor” is a trained individual who shall be certified to teach first aid and/or CPR by the approving authority specified in Section 100026 of this Chapter.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.

§ 100014. Regularly Employed.

“Regularly employed” means being given wages, salary, or other remuneration for the performance of those duties normally carried out by lifeguards, firefighters, or peace officers.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.182 and 1797.183, Health and Safety Code.

§ 100015. Semi-Automatic Defibrillator.

“Semi-Automatic Defibrillator” means an external defibrillator capable of cardiac rhythm analysis which will charge and deliver a shock after electronically detecting and assessing ventricular fibrillation or rapid ventricular tachycardia, but requires user interaction in order to deliver a shock.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.52, 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.

Article 2. General Training Provisions

§ 100016. Application and Scope.

Except those whose duties are primarily clerical or administrative, the following regularly employed public safety personnel shall be trained to administer first aid, and cardiopulmonary resuscitation, according to the standards set forth in this Chapter:

- (a) lifeguard;
- (b) firefighter;
- (c) peace officer.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.

§ 100017. Training Programs In Operation.

Training programs in operation prior to the effective date of these regulations shall submit evidence of compliance with this Chapter to the appropriate approving Authority as specified in Section 100026 of this Chapter within six (6) months after the effective date of these regulations.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.

§ 100018. Time Limitation for Initial Training.

The initial training requirements specified in this Chapter shall be satisfactorily completed within one (1) year from the effective date of the individual’s initial employment and, whenever possible, prior to assumption of regular duty in one of the personnel categories set forth in Section 100016 of this Chapter.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.

Article 3. Training Standards

§ 100019. Scope of Course.

(a) The initial course of instruction shall at a minimum consist of not less than fifteen (15) hours in first aid and six (6) hours in cardiopulmonary resuscitation.

(b) The course of instruction shall include, but need not be limited to, the following scope of course which shall prepare personnel specified in Section 100016 of this Chapter to recognize the injury or illness of the individual and render assistance:

- (1) Emergency action principles which describe the basic problems of decision making in first aid;
- (2) First aid for medical emergencies, including sudden illnesses;
- (3) Cardiac and respiratory emergencies, including cardiac and/or respiratory failures in victims of all ages;
- (4) First aid for traumatic injuries including wounds, and life threatening bleeding;
- (5) First aid for specific injuries, including care for specific injuries to different parts of the body;
- (6) Bandaging, including materials and guidelines used in bandaging;
- (7) First aid for environmental emergencies including burns, heat and chemical burns, electrical emergencies and exposure to radiation, or climatic changes;
- (8) First aid for injuries to bones, muscles, and joints;
- (9) Emergency rescue and transfer;
- (10) First aid for obstetrical emergencies.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.

§ 100020. Required Topics.

The content of the training course shall include at least the following topics and shall be skill-oriented:

- (a) Examination and assessment of the victim;
- (b) Orientation to the EMS system;
- (c) Suspected heart attack or stroke;
- (d) Fainting, convulsions, and/or suspected drug abuse;
- (e) Heat exhaustion, heat stroke, hypothermia and frost bite;
- (f) Mouth to mouth breathing and care for choking victims whether conscious or unconscious;
- (g) Types of wounds and control of bleeding;
- (h) Shock, and its causes, infection and closed wounds;
- (i) Eye, face, scalp, jaw and ear injuries;
- (j) Injuries of the head, neck, back, trunk, arms and legs;
- (k) Exposure to toxic substances;

- (l) Bites and stings by snakes, marine life and insects;
- (m) Bandaging techniques, first aid kits and supplies;
- (n) Determination of the severity of burns, including first, second, and third degree burns;
- (o) Fractures, both open and closed, splinting, and care for fractures, sprains, strains and dislocated joints;
- (p) Techniques of cardiopulmonary resuscitation; and
- (q) Obstetrical emergencies.

Note: Authority cited: Section: 1797.107, Health and Safety Code. Reference: Sections 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.

§ 100021. Optional Skill.

(a) In addition to the activities authorized by Section 100020 of this Chapter, any local EMS agency accrediting personnel in the use of the automatic or semi-automatic defibrillator shall establish policies and procedures for local accreditation of personnel specified in Section 100016 of this Chapter to use either of the above defibrillators on an unconscious, pulseless, non-breathing patient, while the individual doing so is under medical control pursuant to Section 1797.90 of the Health and Safety Code.

(1) Training shall consist of not less than four (4) hours and shall include the following topics and skills:

- (A) Proper use of the automatic or semi-automatic defibrillator.
- (B) Assessment of an unconscious patient to determine when a shock may be necessary.
- (C) Information relating to defibrillator safety precautions to enable the individual to administer a shock without jeopardizing the safety of the patient or rescuers or other nearby persons.
- (D) Recognition that an electrical shock has been delivered to the patient and that the defibrillator is no longer charged.
- (E) Rapid, accurate assessment of the patient's post-shock status.
- (F) Overview of the EMS system and the local EMS system's medical control policies.
- (G) The importance of adequate airway care, advance life support and defibrillation.

(b) The medical director of the local EMS agency shall develop a plan for utilization of the automatic or semi-automatic defibrillator by specified public safety personnel who are an authorized part of the EMS system. The plan shall, at a minimum, include the following:

- (1) A description of the need for the use of defibrillation and why other prehospital care personnel categories cannot provide for that treatment.
 - (2) A description of the emergency medical services area within which defibrillation will be utilized.
 - (3) A description of the response role of the individual to be accredited in defibrillation.
 - (4) A description of the data collection methodology which shall also include the evaluation of the effectiveness of defibrillation.
 - (5) The policies and procedures to be instituted by the local EMS agency regarding medical control and use of the defibrillator by accredited personnel.
- (c) A local EMS agency that accredits public safety personnel to defibrillate shall:

- (1) Approve and monitor training programs including refresher training within its jurisdiction.
- (2) Establish policies and procedures for the necessary continued competency in defibrillation which will consist of organized field care audits, periodic training sessions and/or structured clinical experience that will be in addition to the requirements in Section 100025 of this Chapter.
- (3) Require a monthly demonstration of defibrillation proficiency documented by the base hospital or local EMS agency approved designee to which the accredited personnel is assigned. The monthly demonstration of skills may be reduced to a quarterly demonstration of skills if the accredited individual has:
 - (A) written approval from the accredited individual's base hospital medical director, and
 - (B) written approval of the medical director of the local EMS agency. Written approval of quarterly skills demonstration may be rescinded by either the individual's base hospital medical director or the medical director of the local EMS agency if, in their judgement, the individual needs to demonstrate proficiency on a monthly basis.
- (4) Establish policies and procedures for medical control pursuant to Section 1798 of the Health and Safety Code.
- (5) Establish policies and procedures for the approval and designation of service provider(s) where accredited personnel will use the defibrillator.
- (6) Approve and designate selected base hospital(s) as the local EMS agency deems necessary to provide supervision of accredited personnel in accordance with policies and procedures established by the local EMS agency.
- (7) Establish policies and procedures to collect, maintain and evaluate patient care records.
- (8) Report annually to the EMS Authority on:
 - (A) the number of patients defibrillated; and
 - (B) the patient outcome.
- (d) In order to be accredited to utilize the defibrillator, an individual shall pass a written and skills examination with a pre-established standard, which tests the ability to assess and manage the specified conditions listed in subsection (a) of this Section.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.52, 1797.58, 1797.74, 1797.90, 1797.175, 1797.176, 1797.182, 1797.183, 1798, 1798.2, 1798.4, 1798.100, 1798.102 and 1797.104, Health and Safety Code; and Section 13518, Penal Code.

§ 100022. Testing.

- (a) The course of instruction shall include a written and skills examination which tests the ability to assess and manage all the conditions listed in Sections 100019 and 100020 of this Chapter.
- (b) A passing standard shall be established by the training agency before administration of the examination.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.

§ 100023. Training Instructor Requirements.

(a) Training in first aid and CPR for the personnel specified in Section 100016 of this Chapter shall be conducted by an instructor who is:

- (1) Proficient in the skills taught; and
- (2) qualified to teach by education and/or experience.

(b) Determination of the instructor's qualifications shall be the responsibility of the agency whose training program has been approved by the Authority pursuant to Section 100026 of this Chapter.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.

§ 100024. Validation of Course Completion.

(a) Each trainee who successfully completes an approved course of instruction and successfully passes a proficiency test shall be given written verification to that effect by the institution, organization or agency which provides the instruction.

(b) Employing agencies which provide approved courses of instruction to their employees need not provide individual written verification but shall maintain a record of the names of trainees and the date(s) on which training courses have been completed for at least three (3) years.

(c) Such training records shall be made available for inspection by the local EMS agency upon request.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.

§ 100025. Retraining Requirements.

(a) The retraining requirements of this Chapter shall be satisfied by successful completion of either:

- (1) An approved retraining course which includes a review of the topics and demonstration of skills prescribed in this Chapter and which consists of no less than twelve (12) hours; or
- (2) A competency based written and skills pretest of the topics and skills prescribed in this Chapter with the following restrictions:

(A) That appropriate retraining be provided on those topics indicated necessary by the pretest, in addition to any new developments in first aid and CPR;

(B) A final test be provided covering those topics included in the retraining for those persons failing to pass the pretest; and

(C) The hours for the retraining may be reduced to those hours needed to cover the topics indicated necessary by the pretest.

(b) The entire retraining course or pretest may be offered yearly by the training agency, but in no event shall the retraining course or pretest be offered less than once every three (3) years.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.

Article 4. Training Approval Options

§ 100026. Approved Courses.

The training requirements of this Chapter may be satisfied by successfully completing any one of the following course options as determined by the employing agency:

- (a) A course in first aid, including CPR, developed and/or authorized by the Fire Service Training Program of the Office of the State Fire Marshal and approved by the EMS Authority; or
- (b) A course in first aid, including CPR, authorized by the Commission on Peace Officer's Standards and Training (POST) and approved by the EMS Authority; or
- (c) A course in first aid, including CPR, developed and authorized by the California Department of Parks and Recreation and approved by the EMS Authority; or
- (d) A course in first aid, including CPR, developed and authorized by the California Department of Forestry and Fire Protection and approved by the EMS Authority; or
- (e) A course in first aid, including CPR, developed and authorized by the Department of the California Highway Patrol and approved by the EMS Authority; or
- (f) A course in first aid, including CPR, sponsored and/or approved by the American Red Cross; or
- (g) A course in first aid sponsored and/or approved by the American Red Cross and a course in CPR sponsored and/or approved by the American Heart Association; or
- (h) The U.S. Department of Transportation's first responder course which includes first aid practices and CPR approved by the local EMS agency; or
- (i) A course in first aid and/or CPR equivalent to the standards of the American Red Cross and/or American Heart Association and approved by the local EMS agency; or
- (j) An EMT-I course which has been approved pursuant to Chapter 2 of this division; or
- (k) An EMT-II course which has been approved pursuant to Chapter 3 of this division; or
- (l) An EMT-P course which has been approved pursuant to Chapter 4 of this division.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.

§ 100027. Course Approval Process.

For those courses requiring approval, the following shall be submitted to the approving authority when requesting approval:

- (a) Name of the sponsoring institution, organization, or agency;
- (b) course outline;
- (c) final written examination with pre-established scoring standards; and
- (d) skill proficiency testing criteria, with pre-established scoring standards.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.

§ 100028. Program Review.

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All course outlines, written tests, and proficiency testing criteria used in an approved program shall be subject to periodic review as determined by the approving Authority.

Note: Authority cited: Section 1797.107, Health and Safety Code. Reference: Sections 1797.182 and 1797.183, Health and Safety Code; and Section 13518, Penal Code.